

U.S. Rural Electrification Administration Cut off
Add

ELECTRIC COOKING EQUIPMENT

SELECTION, OPERATION, AND CARE POINTS

ELECTRICITY FOR COOKING HEAT:

Wires made of certain metals, in this case nickel chromium, offer resistance to the passage of electric current; this resistance takes the form of heat.

ELECTRIC COOKERY ABC'S:

Accurate	Efficient
Cool	Fast
Clean	Healthful
Convenient	Safe
Dependable	Simple
Economical	Time-saving

COMPARATIVE COST: ELECTRICITY-BOTTLED GAS

Electricity	Bottled gas
3¢ per kwh.	= 10¢ per lb.
2 1/2¢ per kwh.	= 8 1/3¢ per lb.
2¢ per kwh.	= 6 2/3¢ per lb.

1 kwh. equals about .32 lbs. LP* gas

100 kwh.	32 lbs.
2 1/2¢	8 1/2¢
<u>\$2.50</u>	<u>\$2.72</u>

TYPES OF ELECTRIC COOKING EQUIPMENT:

Hotplate -----	\$ 5 - \$30
Roasterette or casserole	\$ 5 - \$10
Roaster -----	\$30 - \$65

Range:

Portable -----	\$30 - \$100
Apartment -----	\$125 - \$175
Standard -----	\$175 - \$375

SELECTION POINTS - HOTPLATE:

1. Sturdy construction
2. One unit at least 1000 w.
3. Three-speed switch
4. Durable finish (porcelain, chrome)
5. Double unit preferable

OPERATION OF HOTPLATE:

Use on appliance, not lighting circuit
Start on high. When steaming vigorously turn to low or off. Keep food covered. Time
Use high-wattage hotplate for canning

CARE OF HOTPLATE:

Open unit: Invert tin pie pan, sprinkled with water, over it. Turn to high 10 min.
Protect from salt, soda, sugar, soap, acid, metal, sharp instruments, sharp blows.
Avoid getting grease or water on cord.

* Liquified petroleum.

SELECTION OF ROASTER:

Finish: good enamel - white, black, ivory
Handles: easy to grasp, heat-resistant
Size: larger size is more practical
Shape: rectangular shape is preferable
Insulation: 1-2" rock or glass wool
Thermostat: switch marked with temp's.
Wattage: 1,000 - 1,320 w., highest better
Inset pans: ovenware, glass go to table
Rack: adjustable, sturdy, simple
Broiler: grid in well better than lid type
Lid: glass panel; aluminum or chrome-plate
Cord: rubber covered

OPERATION OF ROASTER:

Place on table of good-working height
Locate in cooking center, if possible
Use only on appliance circuit
Preheat roaster, or grid, for frying
Preheat for baking, large inset pan in place
Close adjustable vent during preheating
Use cold start for oven meals, roasting
Add 15-30 min. to recipe time for cold start
 $\frac{1}{4}$ c. water for green veg's., $\frac{1}{2}$ c. for starchy
Place meat for broiling no closer than 2"

SELECTION OF ELECTRIC RANGE:

Table-top desirable, height varies
Unit body construction - sturdy, braced
Location of work space, units, oven, vent
Acid-resisting porcelain enamel top
Well-labelled switches; closed units
Racks and drawers--lock and easy to move
Large well cooker; drop broiler pan
Evaluate special features, use vs. cost
Water heating--kitchen heating problems

TYPES OF OVENS & OVEN UNITS:

Ovens: One unit
Two unit: bottom baking heat
 top and bottom heat
Types of units: open coil
 tubular encased

OVEN SELECTION:

Size: 18-20" deep, 14-17" high, 15-17" wide
Liner: rounded corners, seamless, porc. enamel
Door: tight, counter-balanced, broiler stop,
 hinged at bottom, well-designed latch
Racks: non-tilt, non-slip rail, locking
Shelf positions: More than 5, or rev. rack 2"
Broiler: under top unit, pref. deep pan
Good insulation; well-located vent
Well-labelled thermostatic control

TYPES OF SURFACE UNITS:

Open: open-labyrinth
enclosed labyrinth
Closed: encased; tubular or rod, ring

SWITCH POSITIONS:

High: start steaming, frying, pressure cooking
2nd: continue frying
3rd: cooking without watching, pressure cooking
melting butter, continue deep-fat frying
4th: continue cooking after steaming
5th: keep food warm, continue cooking



SURFACE COOKING UTENSILS:

Fit unit:	Short side handles
2 or 3 qt.--6" unit	Heat-resistant handles
4 or 5 qt.--8" unit	Recessed knobs on lid
Flat bottom:	Dull or black bottom
Straight sides	Polished sides
Medium weight	Steam vent
Tight covers	Easily cleaned

Useful in oven too

ECONOMICAL USE OF SURFACE UNITS:

1. Serve one-dish meals
2. Use low heat instead of double boiler
3. Use small units most; have pan fit
4. Use 1/4-1/2 c. water (or 1/8-1/4" in pan)
5. Use flat-bottomed, tightly covered pan
6. Put pan on unit, then set switch
7. Turn down or off when steaming
8. Avoid lifting lid and stirring

USES OF WELL COOKER:

1. Cooking less-tender cuts of meat
2. Complete meals of meat, veg's., dessert
3. Steaming veg's., puddings, brown bread
4. Soup, chili, stew
5. Deep-fat frying
6. Cooking cereals, dried fruits
7. Baking potatoes, squash, beans
8. Making casserole dishes
9. Reheating rolls or biscuits
10. Sterilizing jelly glasses and baby bottles
11. Making a large quantity of cocoa

OVEN OPERATION POINTERS:

Select foods using same time and temp.
Use covered pans, $\frac{1}{4}$ - $\frac{1}{2}$ c. water on veg's.
Cook tender meat in shallow, uncovered pan
Meats & veg's. on bottom; dessert on top
Allow space between pans and pans & walls
When using timer, choose foods that can wait
For baking:

Stagger pans for good heat circulation
Avoid use of black or enamel pans

ECONOMICAL USE OF OVEN:

1. Use oven to full capacity
2. Best to have foods at room temp.
3. Adjust racks before preheating
4. Preheat only until light goes out
5. Bake low temp. foods first
6. Time. Don't overcook. Don't peek
7. Use stored heat

SETTING OVEN THERMOSTAT-SWITCH

Broiling: Turn to "Broil"
Preheat: Turn to "Broil" first; then
set baking temp. immediately
Timed Bake: Set at temp. required
Follow directions for timer

USE OF OVEN SWITCH POSITIONS:

Preheat:	Rapid heating of oven
	Rare roasts
Bake-T & B:	Most baking
	Oven meals
Bake-B:	Canning*; large meals
	Quantity baking
Slow broil:	Well-done thick steak, chicken, chops**, toast
Speed broil:	Rare steaks

PREHEAT OVEN FOR:

Cakes--some types	Cookies
Quick breads	Pastry

PREHEATING OVEN UNNECESSARY FOR:

Oven meals	Yeast bread
Cakes--some types	Roasting

POOR OR UNEVEN BROWNING DUE TO:

1. Oven not level
2. Black or enamel utensils
3. Pan too large or warped
4. Poor placement of pans
5. Over-crowding oven
6. Insufficient heating
7. Opening door during baking
8. Poorly fitting door

* Oven canning not recommended.

** Broiling uncooked pork (unless frozen) not recommended.

BROILING:

1. Use tender meat, cut fat edges
2. Brush meat, veg's. with fat
3. Sprinkle fruits with sugar
4. Do not preheat oven or pan
5. Adjust rack

Thin or rare meat	1 $\frac{1}{2}$ -2"
Meat, veg's., fruits	3 -4"
Fish, chicken, meat	4 -5

6. Leave door ajar
7. Time and turn when half done
8. Do not store broiler pan in oven

CARE OF RANGE:

Rotate use of surface units

Avoid twisting wires to surface units

Pull straight out on oven units

Avoid overheating

Enamel: protect from spills & acids
sudden temp. changes, scratches,
blows, harsh abrasives, crazing

Cooker: do not heat empty or boil dry
do not store foods in cooker
cool well before storing cooker

Oven: open door to dry after using
avoid leaning on door

CARE OF RANGE - CLEANING:

Remove spillage immediately - paper, dry cloth

Wash when cool - warm soapy water. Rinse dry

Trim: polish with whiting or silver polish

Units: burn spilled food; remove with soft brush
wash closed units if necessary

Rims: whiting or 00 steel wool for spots

Reflectors: remove & wash or wipe off as pan

Drip tray: remove & wash or wipe when necessary

Well: wipe lining with damp cloth, dry
wipe lid with damp cloth if insulated

Oven unit: char clean; use soft brush, if nec.

Liner: use weak solution ammonia
fine abrasive or very fine steel wool

